

## **Public Service Announcement**

## **Diabetes Awareness Month**

Start Date: November 1, 2023 End Date: November 30, 2023

Nunavut-wide 75 sec

November is Diabetes Awareness Month! Diabetes is a disease where the body cannot control blood glucose (sugar) levels. Uncontrolled blood glucose levels can lead to severe complications such as kidney disease.

Type 2 diabetes is the most common form of diabetes, and if you're over 40, it's recommended to get tested at least every three years. Certain factors increase your risk of developing diabetes, such as having relatives who have diabetes, having high blood pressure or high cholesterol, or having extra weight – especially around the middle of the body.

Take control of your health! You can prevent or delay Type 2 Diabetes and its complications by making healthier lifestyle choices:

- Reduce alcohol consumption and quit smoking.
- Opt for country food as a nutritious alternative.
- Eat balanced meals when choosing store-bought food.
- Increase water intake.
- Aim for 30-60 minutes of activity on most days, such as hunting, housework, or walking.

For more information about diabetes, talk with your local healthcare provider at your community health centre.

## **Media Contact:**

Pierre Essoh Communications Specialist Department of Health 867-975-5712 pessoh@gov.nu.ca